

LIFESTYLE

NICHOLAS NEWS TRIANGLE HEADQUARTERS-SALTWELL-BARTERVILLE

By Ramona Hollar George 859-289-4160

Last Sunday, Jeff Doyle accompanied a group of young people, on a bus to Camp Woodmen for a week. Stacy Riggle and Sarah Doyle enjoyed the week.

Bible verse and number of sick visits made and charities given. The women had furnished a meal today for family and friends of Mildred Green following her funeral.

For Life! in Cythians, Friday night. The Luminar Ceremony is always so touching as the lights are all out and nobody moving around and so many names are read in Memory or In Honor of. Candles lit almost all the way around the big football field.

complets meal was served Billy and Donna and others played music and sang later. Phyllis Brady enjoyed three pages at the Heritage County fair on Tuesday night.

ner guests following church: Bridget and Michael Davis, Stephanie Riggle, Michael Doyle, Donna Doyle, and Melba Doyle and Marjorie Fryman.

ning a first place and also a second place and on Saturday night showed at the Denton homeshow and won 2 first places. Rev. Donald Riggs spoke at the Barterville Methodist Church on Sunday following in Rev. Troy Miller.

Nicholas County Lady Jackets Basketball SUMMER CAMP 2008 For boys & girls

July 21-23, Mon - Wed

Time: 9 a.m. - 12 Noon Place: Nicholas County High Gym Grades: K - 8 or ages 4-15

Cost: \$40 + FREE T-SHIRT (100 discount for two or more campers per family, 515 discount for teams groups of 8 or more players.)

Coaches: Jennifer Cornett, NCHS Head Girls Coach; Matt Cornett, NCHS Asst. Girls Coach; Mike Coker, NCHS Head Boys Coach

Additional Staff: Current Lady Jacket High School Players

Instruction: Fundamentals will be taught Individual improvement skills daily Free throw, one on one, and team tournaments will be played

Registration Form

Name: Address: City: State: Zip: Phone: Age: Trade (Fall 08) School Attending: T-Shirt Size: ** Extra T-Shirts may be purchased for an additional \$10 **

Send Registration Form To: Jennifer Cornett, Nicholas County High School, 101 School Drive, Carlisle, KY 40311

Tips to safely can and freeze fruits and vegetables

UK COOPERATIVE EXTENSION SERVICE Extension News

During this economic pressed time, many people would like to preserve fresh fruits and vegetables from their own gardens or from local farmers' markets to save money and support local farmers.

the container and begin blanching time as soon as possible. It usually takes only one minute. If it takes longer to return to a boil, you may be using too much vegetable for the amount of water.

in a pressure canner for the required USDA processing time. Pickled foods, such as acidified tomatoes and pickles, can be safely processed without pressure in a boiling water bath.

will start with the basics of canning an acid product such as tomatoes, and a non acid product such as green beans. This will be a great class with recipes and helpful handbooks and preserved products to take home.

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A Pinch of This and a Dash of That

By Jill Hutton EFNEP Program Assistant Nicholas County Extension Office

Combine first 4 ingredients in a small sauce pan. Cook in MEDIUM-LOW heat until vegetables are tender, about 20 minutes, stirring occasionally.

basil, crushed 1/2 teaspoon coarsely ground black pepper 2 cups prepared non-fat pasta sauce

Nutritional information: Serving size: 2 cups; Calories: 340; Total fat: 6.3 grams; Protein: 12 grams; Carbohydrates: 60 grams; Dietary fiber: 7 grams.

zucchini and sauté, stirring occasionally and gently tender. Add walnut pieces and thyme, and continue to cook for about 45 to 60 seconds.

CCP. www.fruitsandveg-gisemometers.org. Please note that if you are growing a garden this year and want to process the vegetables with a canner or want to freeze the vegetables, but are not quite sure how to do this please register for the canning and processing class that will be offered at the Extension Office on July 23rd at 3:00 p.m.

Tomatoes have arrived at The Farmer's Market. My friends at the Farmer's Market tell me that corn will be there this week. Be sure to stop by early because when we have to matos, green beans, and corn...things tend to sell out quickly.

The Farmer's Market opens at 8:00, but sometimes a couple of us are there around 7:30. If you come around 8:00...I'm sure you will be several of us there. If you came to the market this week you saw how I love lots and lots of zucchini and squash. I am sure that I am not the only one so this week I am sharing with you some more zucchini and squash recipes so that we all can find some things to do with this great vegetable.

Cut zucchini in quarters lengthwise and cut into 1/2 inch pieces. Place zucchini, onion, garlic, and olive oil with seasonings in large, deep skillet, and sauté, over MEDIUM heat until soft. Stir often. Add prepared sauce, mix well, and let simmer for 5 minutes. Stir in 1/2 cup chopped tomato and allow to heat thoroughly.

4 medium zucchini, washed and stems removed 1/2 tablespoon olive oil 1 teaspoon walnut oil (optional) 2 teaspoon coarsely chopped walnuts 1 teaspoon dried thyme leaves, crushed, or 2 teaspoon fresh thyme leaves 1 lemon, grated peel and juice 1/2 teaspoon salt

In a separate pot, cook pasta as directed on package. Drain well and place in large serving bowl. Add sauce and mix gently. Top with the reserved 1/2 cup chopped tomatoes and chopped herbs. Serve hot.

cut zucchini in quarters lengthwise and then into a 10-inch skillet over MEDIUM-HIGH heat. Add 1/2 cup pasta to taste 1/2 teaspoon salt

Vegetable Pasta with Fresh Tomatoes 1 medium zucchini, washed and stems removed 1 medium onion, peeled and chopped 2 cloves garlic, peeled and chopped 1 tablespoon olive oil 1 tablespoon dried leaf

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NOTICE TO ALL POTENTIAL VENDORS: During the 2008 Nicholas County Fair, the Nicholas County Fair board is currently taking applications for the opportunity to sell concession from August 2 to August 9, 2008.

Application forms are available at the following: 368 East Main Street, Carlisle, KY 40311 by July 21, 2008. Contact Person: Address: Phone: Alternate Phone: Items to Sell: Events nightly, carnival, motorsports, livestock shows, and much more!

ACREAGE FOR SALE \$29,000 Reduced to \$76,000 2497 (Bass Hill Rd.) 7.57 Acres Dana Lenox 859-586-5527 Suggs Rd. 45 Acres Mexico Rd. 21 Acres - \$105,000 Maysville Rd. 12.250 Acres - \$45,000

MARK MATTOX AUCTIONEER & REAL ESTATE BROKER, INC. 3740 Maysville Rd., Carlisle, KY 40311 859-289-5720

Visit Our Website: mcfarlandcenter.com Do you have a past credit problem and need a new or used car? LET GARY MEACHAM OR ED HAY AT THE MCFARLAND DEALER GROUP REBUILD YOUR CREDIT.

Ever played a Kangaroo? Ever played a Diggerido? This "bride" is getting ready for the WOMANLY WEDDING DINNER THEATER SATURDAY, AUGUST 9, 2008 at 6:00 P.M. CARLISLE CHRISTIAN CHURCH FAMILY LIFE CENTER

ABSOLUTE AUCTION Saturday, July 19, 2008 • 10:00 A.M. • Bourbon County Fairgrounds • Paris, KY Approx. 1000 items to sell DIRECTOR: Bourbon County Fairground is off of Main Street

Paul for Family Court Judge Barbara Paul has announced her bid for election as family court judge for the 18th Judicial Circuit for the Nov. 4 general election.

Smart drivers have Shelter on their team. You don't have to trace stock cars to know that reliable auto insurance is as important to your car as a good mechanic. Come by our office for a quick diagnostic on your auto coverage.

Bill Clark 152 Old Paris Road Carlisle, KY 40311 859-289-2500

Menu: Homemade Spaghetti & Sauce Tossed Garden Salad Garlic Bread Assorted Homemade Desserts Tickets: \$10.00 each or \$75.00 for a table of 8

KENTUCKY DOWN UNDER www.kdu.com 800-762-2869